

# Traditional British Summer Pudding

*A classic centerpiece of peak-season berries and soaked bread*

PREP TIME

**30 mins**

COOK TIME

**5 mins**

CHILLING TIME

**8+ hours**

YIELDS

**6 servings**

*A quintessential British dessert that captures the bright, tart flavors of summer. The secret to a perfect summer pudding is striking the right balance of moisture—ensuring the bread is thoroughly saturated with rich fruit juices without losing its structure, followed by a rigorous overnight press.*

## Ingredients

- **Mixed Summer Berries:** 1 kg total (redcurrants, blackcurrants, raspberries, strawberries, blackberries)
- **Caster Sugar:** 175 g (adjusted for fruit sweetness)
- **Water:** 3 tablespoons
- **White Bread:** 8 to 10 thick slices of day-old pan or farmhouse loaf (crusts removed)

## Equipment

- 1.2-litre (2-pint) pudding basin
- Cling film (plastic wrap)
- Small plate or saucer
- Heavy weights (e.g., canned food)

## Step-by-Step Instructions

- 1 Prepare the Fruit:** Wash all berries gently and pat dry. Hull the strawberries and halve larger ones. Strip redcurrants and blackcurrants from their stalks using the prongs of a fork.
- 2 Macerate and Cook:** Dissolve sugar and water in a large saucepan over medium heat. Add redcurrants and blackcurrants first, cook for 1 to 2 minutes, then add softer berries. Simmer gently for 2 to 3 minutes until fruit softens and releases juices without breaking down completely. Cool completely.
- 3 Line the Basin:** Line a 1.2-litre pudding basin with cling film, leaving an overhanging edge. Cut one bread slice into a circle for the bottom. Dip remaining crustless bread pieces briefly into the fruit juice and line the basin sides and bottom tightly with no gaps, reserving pieces for a lid.
- 4 Fill and Seal:** Spoon cooled berries and half the remaining juice into the basin. Cover with the reserved soaked bread to create a snug lid, and pour any remaining juice over the top crust.
- 5 Press and Chill:** Fold overhanging cling film over the top. Place a small plate directly on the bread and top with heavy weights. Chill in the refrigerator for at least 8 hours or overnight.

- 6 Turn Out and Serve:** Remove weights, unwrap top cling film, and invert onto a rimmed serving dish. Peel away basin and plastic, touch up any pale spots with reserved juices, and serve chilled.

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*Serve chilled with pouring cream, clotted cream, or thick Greek yoghurt to balance the tartness.*